

good food

good news

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In this edition

- See Food – Eat It!
- Good Food, Good Snag
- Natures Best Beef
- Living the Dream
- Summer Salmon
- Finger Licking Good!
- Deli-licious!
- Meat Our Team – Joe Cefai

Summer Lovin'... As the weather warms up, our thoughts turn to holidays at the beach, barbecues with friends, mouth-watering steaks, delectable seafood, and, of course, the fat man in the red suit.

During the countdown to Christmas, the team here at Good Food Distributors has a wide range of the freshest, tastiest produce to help with your silly season catering. Talk to the team today and let us help you get your summer menu planned.

See Food – *Eat It!*

Over the past few years, more and more Australians are opting for seafood Christmas lunches. After all, we have access to some of the best seafood in the world and a turkey with all the trimmings is not so appealing when it's 40 degrees in the shade.

Good Food Distributors stocks a huge range of fresh-frozen seafood, including the salmon mentioned elsewhere in this newsletter, as well as scallops on the half shell, salt and pepper squid, frozen fish, prawn cutlets and more.

Talk to us about seafood options for your menu, or as finger food for your Christmas function.



GOOD FOOD, GOOD SNAG

Did you know that Good Food Distributors makes its own sausages?

In fact, we can make 400 sausages of uniform size every minute! What's more, our technology and experience means you get quality and consistency every time.

Our standard range includes all the regulars - Italian, Old English, Pork and Porcini, Toulouse, Chorizo, Angus Beef, and Lamb and Mint - and we can create any flavour you have in mind, with just a minimum order of 10kg.

Gourmet sausages are great value and perfect for summer entertaining, so why not throw a Good Food snag on the barbie?

Nature's Best Beef

Angus Pure Beef is raised as nature intended. Developed as a response to the recognised consumer demand for a high quality Angus beef product that's produced naturally, Angus Pure is pasture-fed and free from both antibiotics and hormone growth promotants.

The Angus Pure Natural brand represents Angus beef that has been raised naturally in South Australia's lush grazing regions, from the Barossa Valley to the Limestone Coast and beyond.

It is fully traceable from paddock to plate and is Eating Quality Assured for flavour and tenderness.

Good Food Distributors stocks a full range of Angus Pure Beef cuts and can help you develop these brands on your menu, as well as educate your customers about the value of Angus Pure.



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Living the Dream



By marrying a publican's daughter, Mick Starkey is living every man's fantasy. But that wasn't a cue for Mick to sit back and enjoy the spoils - instead he is taking three of Newcastle area's iconic pub restaurants to new levels of excellence.

Under Mick's stewardship, the Swill 'n' Grill restaurants - The Stag and Hunter at Mayfield, The Australia Hotel at Cessnock, and The Royal Federal at Branxton - are going from strength to strength.



Not only does Mick insist on the best cuts of meat, he works to educate customers on the difference between grain-fed and grass-fed beef, and why top quality Australian cuts are worth every penny.

The mouth-watering menu includes 1824 premium beef, produced from a cattle breed known as Barkly Composite. Cattle are individually selected to carry the 1824 brand, ensuring consistency and uniformity. Selected cattle are finished at the Gonnoo feedlot near Emerald in Queensland on rations designed by Australia's leading nutritionists.

Swill 'n' Grill also offers Darling Downs Wagyu, with marble scores of 6+ to create an extraordinary depth of flavour and texture.

Mick, and his Good Food Distributor Representative Kerry Brodbeck, work closely together to ensure that Swill 'n' Grill customers enjoy the best possible produce, backed up by promotional material to help spread the word.

And the good news is that although this sort of quality is usually only found in the nation's top - and priciest - restaurants, Swill 'n' Grill pub bistro menus mean that you don't have to pay through the nose to get the best.



Summer Salmon

Who doesn't love salmon in summer? Grilled, poached or fried, it's the flavoursome alternative to regular old fish and chips.

Good Food Distributors offers Pacific West salmon portions that have been dry-cut from the freshest fish, before being snap frozen in its own vacuum pouch to ensure it's as close to fresh as possible. This method means it retains all the flavour and integrity of the fish.

Available in 200g portions, and with skin on or off, Good Food Distributors' salmon is natural, chemical-free and respects the environment.

These portion controlled salmon pieces are a great way to ensure consistent and affordable seafood options on your menu.



FINGER LICKING GOOD!

They may be messy, but that's half the fun of ribs! As the name suggests, beef ribs come from the rib section of the animal. There are two types - beef rib ends (usually sold as a whole piece) or the shorter, thicker, meatier beef short spare ribs (usually sold individually). Good Food Distributors can help you source the best available ribs, and give advice on marinades, preparation and cooking.

You'll love our ribs because they:

- are an affordable option, full of flavour
- are very tender when cooked slowly
- always look great on the plate, and
- are suited to a wide-range of marinades and rubs.

Top Tips for Top Ribs:

- Simmer your ribs before marinating and char-grilling. This helps to render the fat, tenderise the meat, and means less time on the barbecue.
- Because the ribs are thick, and are only on the barbecue for a short time, it is best to bring them to room temperature before barbecuing.
- Use a covered barbecue for best results as this allows the flavour to fully develop.

Deli-licious!

Next time you need to put together the perfect antipasto platter, or are looking for gourmet treats to accompany your summer barbecue menu - Good Food Distributors have just the deli items you need.

We stock everything from marinated olives to stuffed peppers, quality imported cheese, dips, nuts, crackers and cold meats. And we can do bulk orders for the Christmas rush!

MEAT OUR TEAM

Logistics are the backbone of any good company and at Good Food Distributors our drivers prove themselves time and time again. Joe Cefai looks after our busy Newcastle and Hunter Valley runs and has been with us since early 2007. Joe understands the importance of getting the product to you on time and his friendly nature makes him a favourite with our staff, customers and suppliers.

When he is not spending time with his three gorgeous girls, Joe is a keen motor racing enthusiast and loves nothing more than watching a noisy, smelly V8 take to the track. When the roar of engines is over, he relaxes with a spot of fishing on the spectacular waterways of Port Stephens. Joe has lots of secret spots where the fish are "thiiss big" but as hard as we try, he won't share!

So next time you see Joe in the Good Food truck, ask him to tell you about the one that got away!